

William and Mary
Report on Progress for Addressing the Impact of the Aging of the Population
Outreach and Inclusion
September 22, 2006

I. The Christopher Wren Association

The Christopher Wren Association offers liberal arts and sciences courses and activities taught by volunteer instructors from The College of William and Mary faculty (current and retired), as well as other community members. The Association does not maintain statistics on participants' ages, but the curriculum is designed for people of retirement age, and nearly all participants are between the ages of sixty and ninety. During the Spring of 2006, the Association offered sixty-two courses with a total enrollment of 3,517. For more information, please visit: <http://www.wm.edu/cwa/>

II. Project Independence

In 2004, The College of William and Mary implemented Project Independence in collaboration with the Center for Excellence in Aging and Geriatric Health (CEAGH) and its partners, including the Peninsula Agency on Aging, Eastern Virginia Medical School, the Virginia Commonwealth University School of Medicine, Eastern State Hospital, Sentara Healthcare and Riverside Health System. A pilot program, Project Independence was designed to demonstrate how regional partners can develop and sustain a center that improves the health, dignity and independence of older adults by integrating the research capacity of universities, colleges and medical schools with the capabilities of service providers. The project was completed in August 2006.

Examples of Populations Served by Project Independence:

A total of 189 male caregivers were served by the Male Caregivers project, which was designed to increase male caregivers' knowledge and use of support services.

More than 100 people from the greater Williamsburg area participated in "Kicking Forums," in which groups discussed whether they "would be alive and kicking at 90 and beyond,"

Populations served by the projects' cardiac health center, ranged from twenty-five to fifty.

III. READ Adopt-a-Grandparent

READ is a student-volunteer organization coordinated by William and Mary's Office of Student Volunteer Services. Each student volunteer pays a weekly visit to that

volunteer's adopted grandparent, a resident in a local assisted living facility. Students read, socialize, or just relax with their grandparent. Many students bring magazines, newspapers, or library books to read to their residents. During the 2005-06 year, ninety-five William and Mary students were paired with ninety-five such adoptive "grandparents." For more information, please visit <http://www.wm.edu/studentactivities/osvs/>

IV. William and Mary Elderhostel

William and Mary Elderhostel is one of the most popular Elderhostel sites on the East Coast. Elderhostel is the world's largest educational and travel organization for adults aged 55 and older. Most of William and Mary's Elderhostel programs focus on the historical sites of Williamsburg, Jamestown, and Yorktown-- the "Historic Triangle" of Virginia. For information about specific offerings, please go to <http://www.wm.edu/elderhostel/>